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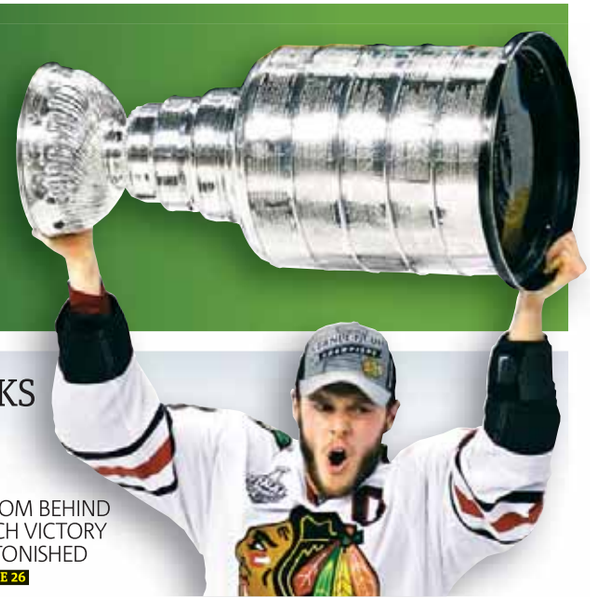


Waiting is such sweet Tort-ure

All signs point to Canucks and Rangers switching coaches as John Tortorella arrives in Vancouver PAGE 26

10 cents short is still 10 cents short, lady

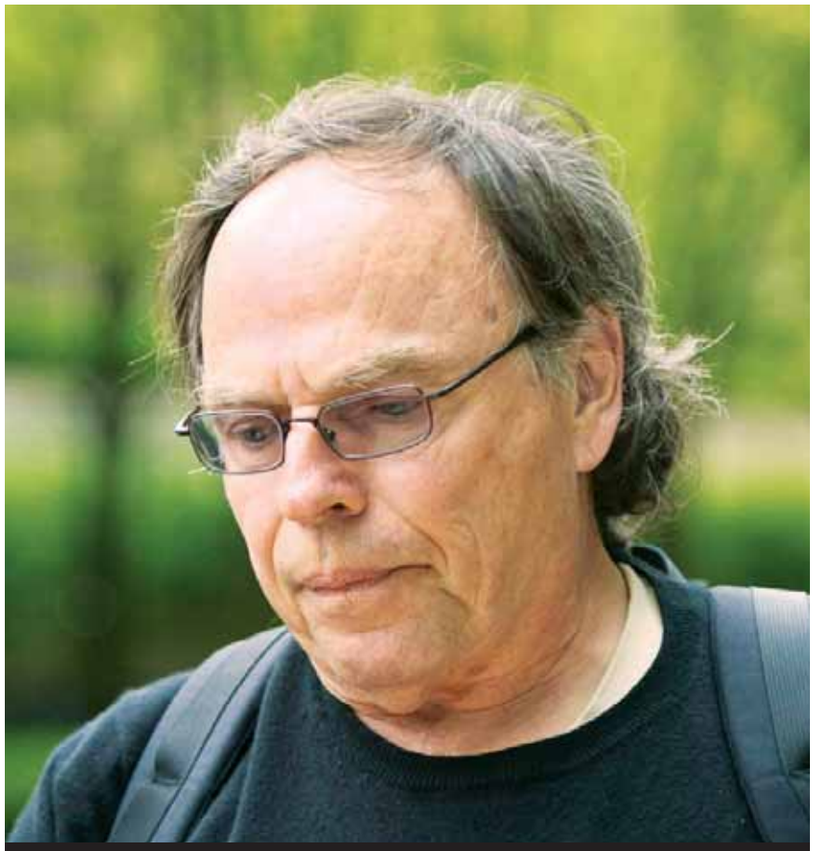
B.C. Ferries says it was a misunderstanding that left woman stranded PAGE 4

Transgender tot victorious in legal battle

Colorado six-year-old can use girls' bathroom after discrimination case PAGE 10

BLACKHAWKS BATHE IN CUP GLORY

CHICAGO COMES FROM BEHIND IN GAME 6 TO SNATCH VICTORY AWAY FROM AN ASTONISHED BOSTON BRUINS PAGE 26



Karl Lilgert has been convicted of two counts of criminal negligence causing death. His sentence also includes a 10-year ban on operating a vessel. JUSTIN TANG/THE CANADIAN PRESS

Mariner gets 4 years, B.C. may never get truth

Ferry sinking. Karl Lilgert granted bail after immediately filing for an appeal

Focused judgment

"I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job."

Justice Sunni Stromberg-Stein

The navigating officer who sailed the Queen of the North passenger ferry into a remote island off the northern coast of B.C., sending the ship to the bottom of the ocean and condemning two passengers to a "watery grave," was sentenced Monday to four years in prison.

But after waiting through investigations, lawsuits and a lengthy trial, there is still one thing Phyllis Rosette, whose cousin Shirley died in the sinking, doesn't have: the honest truth about what happened.

"The truth of that night has never come out," she told reporters shortly after a B.C. Supreme Court judge sentenced Karl Lilgert. "I don't know it will ever come out."

Lilgert, 59, was sentenced to four years for two counts of criminal negligence causing death, although within hours of the decision, he had filed an appeal and was granted bail while his appeal proceeds.

He was convicted in the deaths of Shirley Rosette and her common-law husband, Gerald Foisy, who vanished when the ferry missed a turn in the early hours of March 22, 2006, and collided with an island. The trial was unable to determine precisely why the ship missed its critical turn.

Lilgert was alone on the bridge with quartermaster Karen Briker, his former lover who broke off their affair several weeks earlier. It was their first time working together since the breakup.

Justice Sunni Stromberg-Stein concluded the affair clearly contributed to the sinking, but she didn't attempt to explain what role it played.

THE CANADIAN PRESS

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Crack cocaine the No.1 choice among hard drug users: Study

Overview. Report finds injecting drugs has been declining over the past 15 years, while smoking crack has risen sharply in popularity in Vancouver

KATE WEBB
kate.webb@metronews.ca

Injection drug use has been declining in Greater Vancouver over the past 15 years, with the exception of injectable crystal methamphetamine, while the prevalence of overall drug use has remained relatively constant, according to a new study.

The comprehensive report on the drug situation in Vancouver was produced by researchers at the Urban Health Research Initiative (UHRI) and B.C. Centre for Excellence in HIV/AIDS. It was based on data collected from willing participants who reported having used hard drugs at least once in the past six months.

Dr. Thomas Kerr, report co-author and UHRI co-director, said crack cocaine is now the most popular drug of choice among hard drug users in Greater Vancouver, peaking in 2007, when 40.7 of study participants reported smoking it daily, up from 3.5 per cent in 1996.

However, reports of syringe borrowing among drug users have declined sharply, from 39.6 per cent in 1996 to just 1.7 per cent in the second half of 2011.

"When we look at HIV risk behaviour ... there (has been) an absolutely dramatic decline in syringe borrowing and lending," Kerr told an audience at the Carnegie Community Centre in the heart of the Downtown Eastside on Monday, "which can largely be attributed to the expansion of harm reduction programs in the city, including those run by the regional health authority, local community-based organizations and the drug user community themselves."

Crack is now followed in popularity by injected prescription opioids such as Oxycontin and Percoset and crystal meth, while the once-prevalent use of injected cocaine has fallen off, from 38.1 per cent of respondents reporting daily use in 1996 to 6.9 per cent in 2011.

Dr. Thomas Kerr, right, addresses an audience Monday at the Carnegie Community Centre alongside representatives of the Vancouver Area Network of Drug Users. FERNANDO PRADO/BC CENTRE FOR EXCELLENCE IN HIV/AIDS

Daily heroin use dropped during the study period from a reported 27.7 per cent of study participants in 1996 to 14 per cent in 2011.

Kerr noted that the declines in injection drug use and needle sharing have coincided with tremendous improvements in HIV and hepatitis C rates among drug users. HIV rates plummeted about 95 per cent between 1997 and 2011. During that same time period hepatitis C rates fell about 97 per cent.

The study's authors credit harm reduction measures, such as supervised injection site InSite, for improving drug users' exposure and access to medical treatment and recovery programs.

Drive-by shooting gang related, cops say

Police have confirmed the identity of the young man shot dead in the Lower Mainland's latest gang-related murder in Abbotsford on Sunday evening.

Harpreet Chahal, 25, was fatally injured in a targeted, drive-by shooting near West Oaks shopping centre around 5:15 p.m., according to the Integrated Homicide Investigation Team. He died in hospital less than an hour later.

Chahal was known to police, who confirmed the shooting was gang related. Media reports have linked Chahal to Jujhar Khun-Khun, one of the men accused of killing Jonathan Bacon in 2011. Bacon's murder sparked violent retaliation across the region.

Chahal was in a black Mercedes travelling westbound on South Fraser Way when another vehicle travelling in the same direction shot into the car near Emerson Street.

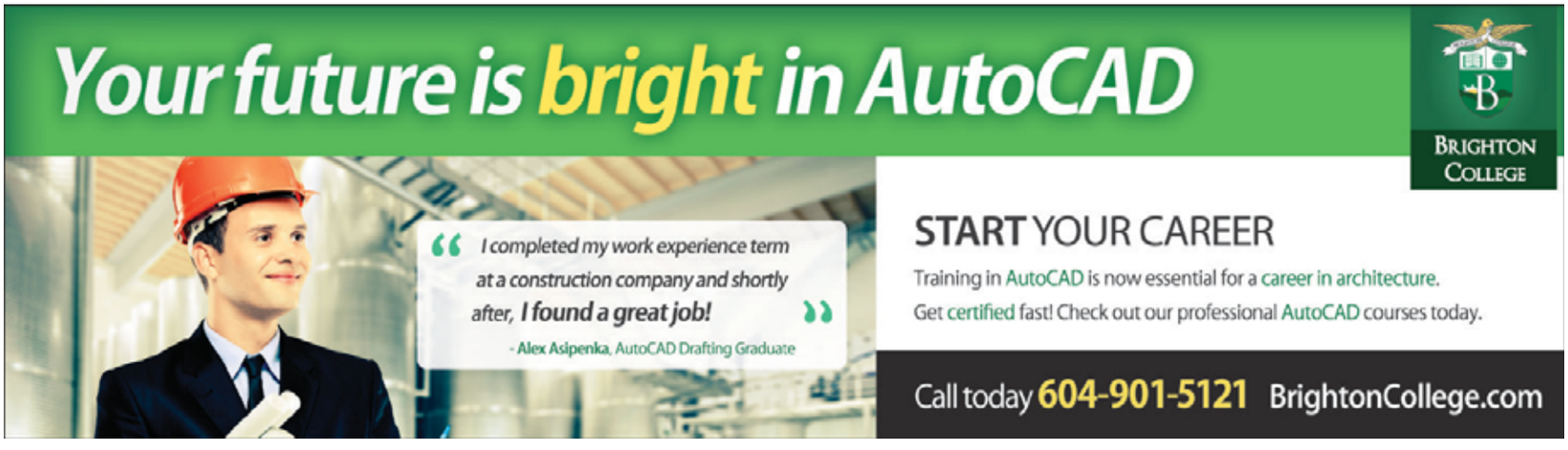
The other occupants of the Mercedes fled the scene and have not yet been identified by police. No suspects have been identified.

"This shooting occurred in a very public area where innocent people could have easily become victims. We are urging anyone with information to come forward and speak with investigators," IHIT spokeswoman Sgt. Jennifer Pound said in a statement.

Chahal's death marks the second murder in Abbotsford this year.

If you have any information on the shooting, contact IHIT at 1-877-551-4448 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO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TransLink. Pattullo Bridge to get 'emergency' repairs, but future uncertain

Fears of spalled concrete falling from the weary Pattullo Bridge prompted TransLink to speed up the repair process.

Instead of asking for bids from a number of sources, TransLink will award two "emergency" repair contracts to its current maintenance provider and engineers unless another vendor formally objects by Friday.

As the required work is "sensitive and complex," TransLink doesn't want to risk hiring new contractors on the 76-year-old bridge, which is traversed by 73,000 vehicles daily between New Westminster and Surrey, a notice of intent says.

Traffic-flow problems caused by an inexperienced contractor would have "severe consequences," the notice continues, so Mainroad Contracting will repair the south approach structure above and below the deck and Buckland and Taylor Ltd. will provide engineering services.

But drivers needn't worry about the "emergency" label on the repairs, TransLink spokesman Derek Zabel said in an email. "Emergency, in this instance, does not refer to public safety, rather the crucial timing of when repairs can be completed," he said. "They needed to start in the summer, where traffic remains slow and good weather permits for an opportune time to start repairs."

The Pattullo Bridge has seen better days. CONTRIBUTED/TRANSLINK

The repairs come as TransLink completes another round of public consultation on the bridge's future. The Pattullo would likely not survive an earthquake or a ship collision, TransLink says, yet it has carried more traffic since a toll was introduced on the new Port Mann Bridge in 2012.

While most agree something must be done about the aging bridge, neighbourhood concerns about traffic stalled discussions in 2012.

Communities can provide input on the list of six alternatives until June 28. A refined list of alternatives will go to the public this fall before a final decision is made in early 2014. The project could cost more than $1 billion.

EMILY JACKSON /METRO

BC Ferries. Woman denied passage for being 10 cents short on fare

According to a Gabriola Island woman, BC Ferries really can stop on a dime.

Kathy Ramsey says her daughter Lucy was left stranded in Nanaimo on June 16 because she was 10 cents short on her fare. The 20-year-old was heading home to Gabriola but didn't have enough money left on her BC Ferries Experience card.

"She offered them a quarter, and they said no," Ramsey said.

Instead, Lucy was told she would have to pay the cash fare or reload her Experience Card with a minimum of $60. She didn't have the cash or a credit card, so she had to wait until the next day when her mother could wire her the money.

Fortunately, she was able to stay at a friend's house.

"But BC Ferries didn't know that. They didn't care if she was going to spend the night on the streets," Ramsey said. "It just speaks volumes to their customer service."

Ferries spokesperson Deborah Marshall called the incident a misunderstanding.

"The young woman approached the ticket agent, was told she would have to refill her card and then the ticket agent never saw her again," she said. "The agent was under the impression that she was coming back."

Although she said "the rules are the rules" when it comes to discounted fare cards, she added that staff would have accommodated Lucy had they known she wasn't going to be able to travel.

"Our staff are more than happy to help. Personally, I've seen employees even loan people money."

A customer-care representative will be contacting Lucy and offering some compensation, Marshall said.

LUKE SIMCOE/METRO IN VICTORIA

Premier Christy Clark and the B.C. Liberals are convening the legislature this week to pass their budget and set a tone of restraint. JOHN WOODS/THE CANADIAN PRESS

Liberals focus on surplus budget

New session. Government will deal with 'jobs, economy, balanced budget,' finance minister says

'No surprises' in the budget

"The platform and the campaign and the budget itself in February were unique in the sense that they don't include a lot of big-ticket spending items because we knew things were going to be tight."

Finance Minister Mike de Jong

Premier Christy Clark's Liberals return to the legislature this week, promising to pass their previously introduced surplus budget and lay the groundwork for a cost-conscious government looking to seize a potential trillion-dollar liquefied natural-gas opportunity and slay the debt within 15 years.

Clark, who steered the Liberals to a come-from-behind election win last month, can take only a side seat in the legislature next week because she lost her own in Vancouver-Point Grey and is campaigning in a byelection in Westside-Kelowna set for July 10.

New Democrat Leader Adrian Dix leads a demoralized and deflated Opposition caucus into the legislature that is outwardly projecting a brave face and promising to hold the Liberals to account — but inwardly is seeking answers about the election collapse that could prompt a leadership review this year.

Finance Minister Mike de Jong, who also serves as Liberal house leader, said the Liberals are coming back to pass an updated budget that forecasts a surplus of $197 million after four consecutive deficits. The Liberals also want to start making good on their election promises, he said.

"Jobs, economy, balanced budget: there's the holy trinity of what we'll be dealing with," de Jong said. "We are setting the foundation for the ability to meet the objectives set out in the (election) platform."

De Jong suggested the rejigged budget numbers introduced on Thursday will be slightly different from last February's tally but he's not bracing for a 2009 post-election budget debacle. Then, Gordon Campbell's Liberals campaigned on a budget deficit of $495 million, but it turned out to be six times higher and paved the way for the introduction of the ill-fated harmonized sales tax.

"Oh no, we're still on target for a balanced budget with a modest surplus," de Jong said. "There will be no surprises in this budget."

Clark winning post-election popularity contest

Everybody loves Christy.

Well, definitely not everybody, but Premier Christy Clark's popularity has surged since she led her party to victory in the May election, according to an Angus Reid poll released Monday.

With an approval rating of 45 per cent, Clark is the second-most popular premier in Canada after Saskatchewan's Brad Wall, according to the poll of 6,540 Canadians taken between May 31 and June 4.

That's a far cry from April, when polls ranked her dead last among provincial leaders, with an approval rating of only 25 per cent.

While 49 per cent of people still disapprove of Clark, NDP opposition leader Adrian Dix has fared worse since he lost an election pollsters and pundits called in his favour. More than half (57 per cent) disapprove of Dix and 37 per cent approve.

The poll was taken before the pay-hike scandal broke in mid-June. Clark boosted pay to some senior staffers as one of her first orders of business but was forced to rescind the raises after a public outcry.

EMILY JACKSON/METRO

Hearings into Northern Gateway wrap up

Panel. Final report on the project will be given to the federal government by the end of the year

The federal government was trying to slip in evidence about the safety of the proposed Northern Gateway pipeline as public hearings into the project wrap up, First Nations and environmental groups say, even though the panel had already rejected the evidence.

The Enbridge Northern Gateway Joint Review Panel, which has been holding public hearings since January, wrapped up the hearings on Monday. Panel chairwoman Sheila Leggett said members would present a final report to the federal government by the end of this year.

Environmental and native groups urged panel members to reject the argument last week of Jim Shaw, a Department of Justice lawyer who quoted a March 18 news release that referred to new measures to protect the coast with a "world-class" tanker system.

Rosanne Kyle, who represents the Gitxaala First Nation, said the argument was not supported by evidence.

"Give no weight to press releases," Kyle told the panel.

She also noted that Northern Gateway president John Carruthers has already told the panel he "could not attest to the accuracy" of the information in the news releases on the Department of Transport website and so the panel ruled it was inadmissible.

Christopher Jones, representing the province of British Columbia, echoed Kyle's arguments, saying there was no evidence before the panel about the federal tanker safety program.

He urged the panel to base its decision "on evidence and not anything else."

Cheryl Brown, who represents the environmental group Douglas Channel Watch, noted that the federal government has not released any details of its safety plans and nothing has been passed by Parliament.

The reference to the safety plans was "only rhetoric to gain social licence," she said.

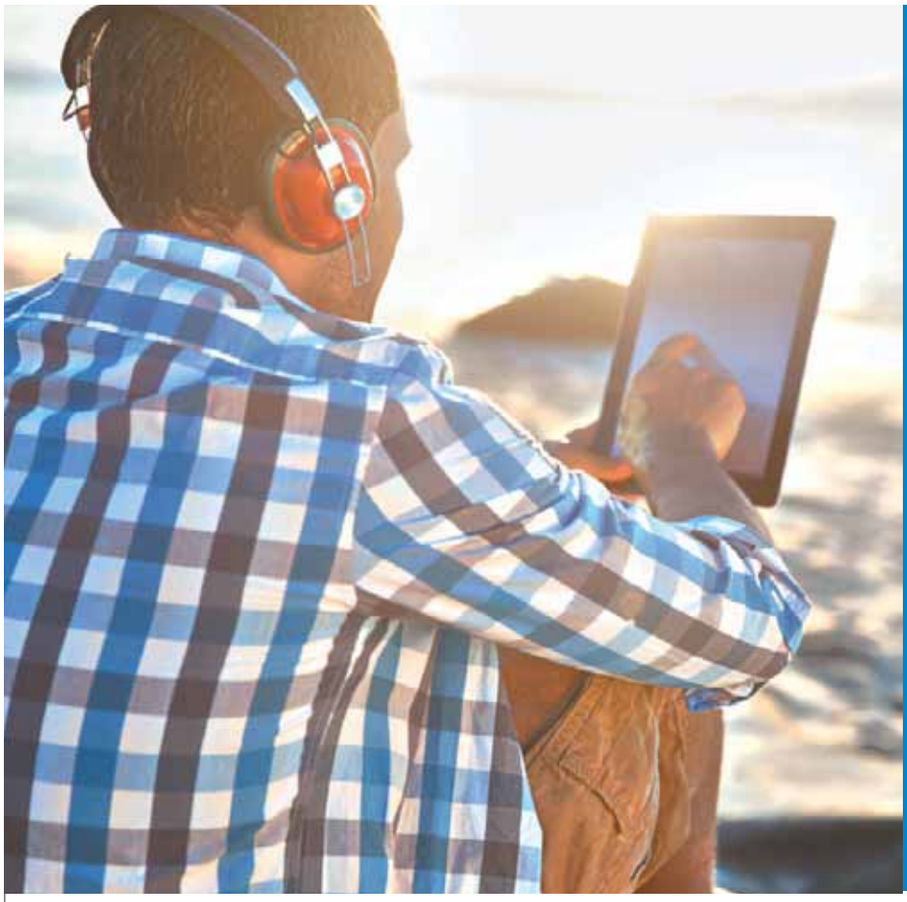
Enbridge was also at work on Monday clarifying its offer to First Nations along the route of the proposed pipeline.

One offer obtained by The Canadian Press indicated the amount would total as little as $70,000 a year for some bands, but the company said late Sunday that is not the average offer and, in fact, the average range would be about three times that amount.

THE CANADIAN PRESS

Stake in the pipeline

Northern Gateway has offered First Nations groups along the route the opportunity to buy into a 10 per cent equity stake in the pipeline.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Sentence delayed for beauty queen in riot case

A provincial court judge has delayed sentencing for a former beauty queen who joined others in looting a Vancouver drug store during the Stanley Cup riot.

Sophie Laboissonniere is now expected to be sentenced on July 9.

At her sentencing hearing on Monday, the Crown introduced a ruling that may impact Laboissonniere's plea for conditional discharge for her part in the June 2011 riot.

Matthew Lennox, a Vancouver rioter sentenced on Friday, was given a conditional discharge because video showed his demeanour, which was described as calm.

The judge said Lennox did not appear to incite the riot, and his behaviour during the frenzy was called "an aberration."

Lennox is one of only two rioters granted a conditional discharge so far.

On Monday, lawyers involved in Laboissonniere's case requested that the judge review that ruling before proceeding.

Laboissonniere pleaded guilty to taking part in the riot, and in exchange, a charge of break and enter was dropped.

At a sentencing hearing last month, Crown counsel asked for a two-year conditional sentence, along with probation and community service for the former Miss Congeniality.

Over the past two years, 149 people have entered guilty pleas for participating in the riot and 102 have received sentences ranging from discharges to more than a year in jail.

Only one person, a 26-year-old man, has been convicted at trial after online video footage showed him using a street barricade to smash a storefront window during the rampage, but trials are currently scheduled for 15 other suspects. THE CANADIAN PRESS

Newton

Police identify two bodies in Surrey

Police have identified a husband and wife found dead in a Surrey home last week.

Police say the bodies of Dilber Singh Atwal, 49, and Gurpreet Kaur Atwal, 30 were found June 19 in a Newton-area residence.

THE CANADIAN PRESS

‘Cash cards’ offered to Alberta flood victims

Commuter troubles.
Calgary’s LRT tracks suffer damage ‘never seen’ before, official says

JEREMY NOLAIS & ROBSON FLETCHER
Metro in Calgary

Alberta’s premier pledged an extra $1 billion Monday on top of $200 million already budgeted for disaster relief as a preliminary source of funds for flood-affected residents across the province.

“I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities,” Alison Redford told reporters in Calgary.

Water began spilling over banks in Alberta on Thursday, affecting nearly 30 communities through the weekend and into Monday.

Even as cleanup efforts began, residents in towns such as High River faced uncertainty over when they would be able to return home.

Money for victims will begin flowing to evacuees in a matter of 48 hours in the form of “cash cards” to help people who may have fled their homes without access to banking, Redford said.

She said the government will provide preloaded debit cards to displaced residents to help with their immediate housing needs and day-to-day purchases.

Those who qualify will receive $1,250 per adult and $500 per child.

Federal Immigration Minister Jason Kenney also said the Conservative government was in contact with the insurance industry about damage sustained in the flooding and the hope is companies will respond in “an appropriate way.”

WITH FILES FROM THE CANADIAN PRESS

A cyclist and road crew survey the washed-out northbound lanes of MacLeod Trail in Calgary on Monday. THE CANADIAN PRESS

Restoring downtown

Major power grid out until later today

In Calgary focus shifted to restoring the downtown core, but the power grid likely won’t be restored until Tuesday evening, officials said.

Even when work does restart, the city faces the prospect of operating without its south LRT transit line, which sustained damage “never seen” before as water rushed into the city on Friday, said Calgary Transit director Doug Morgan.

As well, two tunnels along the line continue to be partly submerged and must be completely pumped before damage assessments can be done.

Morgan said officials were gunning to reopen the line in time for the start of Calgary Stampede on July 5.

But the lasting effects of damage in smaller communities will be felt much longer, Premier Alison Redford warned. “When we talk about what’s going to happen, we’re talking about a 10-year plan. And we’re committed to make sure that we take that time to do it right.”

Poor data-breach tracking concerns privacy commissioner

Canada’s privacy czar has singled out several federal departments for their lacklustre approach to data breaches, citing a need for better reporting, security and tracking protocols.

Privacy commissioner Jennifer Stoddart’s office has compiled a preliminary list of agencies with potentially worrisome patterns when it comes to the loss of Canadians’ personal information.

The analysis is based on departmental figures tabled in Parliament in April in response to a question from New Democrat MP Charlie Angus. The response indicated there were more than 3,000 data breaches over a 10-year period affecting about 725,000 Canadians.

Upon crunching the numbers, the privacy commissioner identified nine departments and agencies that may lack adequate reporting mechanisms, have faulty security procedures or require improved tracking protocols.

Stoddart’s staff cautions that the figures paint a statistical picture but do not shed full light on the kind of data involved in the breaches.

Still, the office says two departments — Fisheries and Oceans and Public Safety — “may lack adequate reporting mechanisms” for alerting the privacy commissioner of a data loss. Fisheries reported three breaches affecting 73 people from 2002 to 2012. However, for the same period there were actually 12 lapses affecting 4,690 individuals.

None of the 28 breaches that occurred at Public Safety after 2009 were reported, says the privacy commissioner.

“A cursory comparison between institutions indicates that they do not seem to have a consistent method for reporting breaches,” say notes prepared by Stoddart’s office. “Some systematically report breaches, others almost never.”

THE CANADIAN PRESS

‘Systematic issues’

Institutions that “may have systematic issues in safeguard and security protocols” are Citizenship and Immigration, Passport Canada, the Correctional Service, the RCMP, the Parole Board and Veterans Affairs.

- Citizenship and Immigration had 161 breaches in 2012 alone, while the passport office had 131 incidents in 2011-12, said the commissioner.
- Finally, the Canada Revenue Agency was not able to present any data, suggesting a “deficiency in tracking and auditing.”

Calgary flooding

Prince William sends royal sympathies

On Monday, Prince William and his wife wrote Prime Minister Stephen Harper to pass along their sympathies.

“Catherine and I have been saddened to learn of the deaths and destruction caused by the unprecedented flooding throughout the province of Alberta,” said the note released by Harper’s office.

William and Kate provided a much-needed morale boost in 2011 when they visited the northern Alberta community of Slave Lake shortly after it was ravaged by wildfires. THE CANADIAN PRESS

The Duke and Duchess of Cambridge at the Calgary Stampede in 2011.
THE CANADIAN PRESS

‘Modest fixed amount’

Tory MPs seeking $355K from voters who launched robocalls court case

Seven Conservative MPs are seeking a combined $355,907 from a group of voters who went to court and lost their bid to overturn election results in their federal ridings because of misleading robocalls. A document recently filed in Federal Court says the Tories are asking for a “modest fixed amount” in legal fees plus disbursements.

The Conservative MPs — Joyce Bateman, Kelly Block, Lawrence Toet, Jay Aspin, John Duncan, Ryan Leef and Joe Daniel — say they are asking for far less money than they could have sought.

“The total figure arrived at represents only a small fraction of the actual costs incurred by the respondent parliamentarians, to which they were otherwise entitled,” the court document says. THE CANADIAN PRESS

‘Baby Mile’ Sask.?

String of births on the same highway

A strip of highway near Saskatoon could be renamed the “Baby Mile,” as three infants have been delivered on the road in the past 2 1/2 months with the help of 911 dispatchers.

According to MD Ambulance, the third baby was born at 5:15 a.m. on Saturday on Highway 16 East.

“Lately it seems that we are having a lot of babies delivered on the highway or at the homes of the parents. There is no real explanation for it,” spokesman Troy Davies said.

Michele Thomas, communications supervisor with MD Ambulance, explained that when people dial 911, they’re usually panicked and frightened. But with these recent calls, excitement is resonating on the line.

All three of the births occurred near Clavet, Sask., about 25 kilometres east of Saskatoon. MORGAN MODJESKI/ METRO IN SASKATOON

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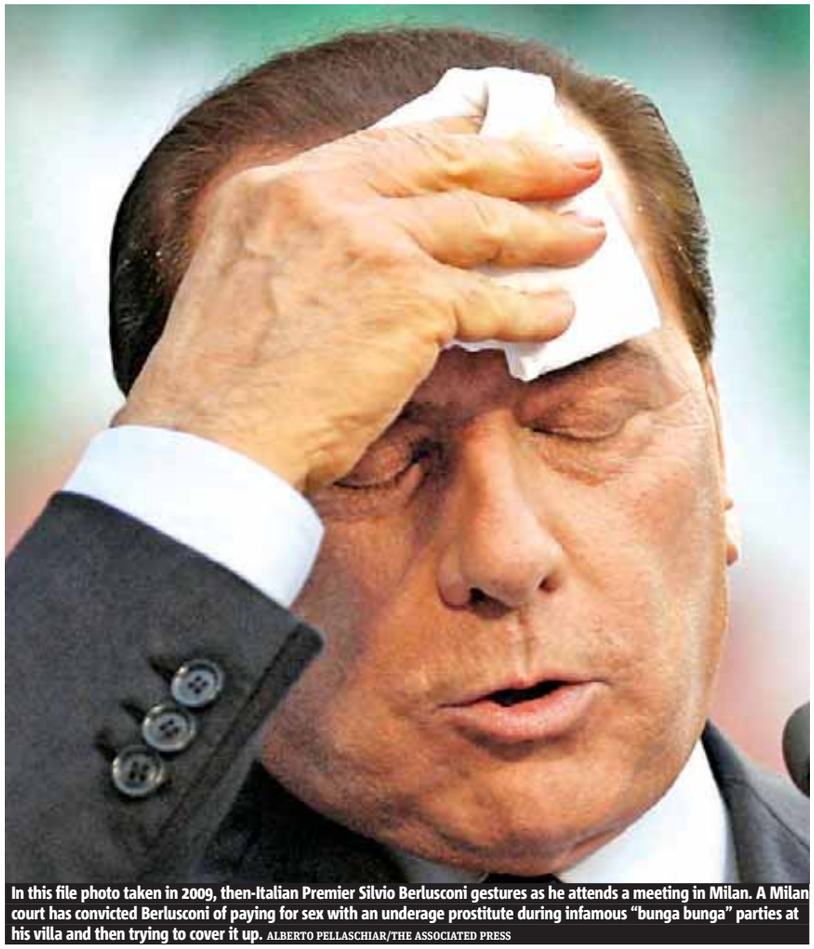
Berlusconi convicted in sex-for-hire trial

Possible end of political career. The former Italian premier, 76, was sentenced to seven years in prison, but plans to appeal



In this file photo taken in 2009, then-Italian Premier Silvio Berlusconi gestures as he attends a meeting in Milan. A Milan court has convicted Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then trying to cover it up. ALBERTO PELLASCHIAR/THE ASSOCIATED PRESS

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a sentence that could mean the end of his two-decade political career. However, there are two more levels of appeal before the sentence would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex.

His lawyer, Niccolo Ghedini, immediately announced an appeal and said the sentence was unjust.

"This is beyond reality," Ghedini told reporters outside the courthouse. The sentence was even stiffer than the six-year prison term and lifetime ban on public office that prosecutors had originally requested.

"I'm calm because I've been saying for three years that this trial should never have taken place here," Ghedini said.

The charges against the billionaire media mogul stem from the "bunga bunga" parties in 2010 at his mansion near Milan, where he wined and dined beautiful young women while he was premier. He says the dinner parties were elegant soirees; prosecutors say they were sex-fuelled parties that women were paid to attend.

Neither Berlusconi nor the woman at the centre of the case, Karima el-Mahroug, better known by her nickname Ruby, have testified in this trial. El-Mahroug was called by the defence but failed to show on a couple of occasions, delaying the trial. Berlusconi's team eventually dropped her from the witness list.

THE ASSOCIATED PRESS

Fugitive. U.S. urges Russia to turn over leaker Snowden, if he's there

The empty seat on a Havana-bound flight that an official said was booked in the name of Edward Snowden. MAX SEDDON/THE ASSOCIATED PRESS

The U.S. grasped for help Monday from both adversaries and uneasy allies in an effort to catch fugitive National Security Agency leaker Edward Snowden. The White House demanded that he be denied asylum, blasted China for letting him go and urged Russia to "do the right thing" and send him back to America to face espionage charges.

Snowden was believed to be in Russia, where he fled Sunday after weeks of hiding out in Hong Kong following his disclosure of the broad scope of two highly classified counterterror surveillance programs to two newspapers. The programs collect vast amounts of Americans' phone records and worldwide online data in the name of national security.

Snowden had flown from Hong Kong to Russia, and was expected to fly early Monday to Havana, from where he would continue on to Ecuador, where he has applied for asylum. But he didn't get on that plane and his exact whereabouts were unclear.

The founder of WikiLeaks, the secret-spilling organization that has embraced Snowden, said the American was only passing through Russia on his way to an unnamed destination to avoid the reach of U.S. authorities. Julian Assange said Snowden had applied for asylum in Ecuador, Iceland and possibly other countries.

Despite tough talk, the U.S. faces considerable difficulty in securing co-operation from nations with whom it has chilly relations. THE ASSOCIATED PRESS

U.K. Reports cops tried to smear murder victim's family 'horrific': Cameron

British Prime Minister David Cameron called Monday for an immediate investigation into allegations that an undercover police officer was ordered to smear the reputation of the family of a murdered black teenager.

The Guardian newspaper published claims Monday that the officer infiltrated anti-racism protest groups to gain information that could discredit the family of 18-year-old Stephen Lawrence.

"To hear that, potentially, the police that were meant to be helping them were actually undermining them — that's horrific," Cameron said in Downing Street.

Lawrence was stabbed in 1993 and an ensuing inquiry found the Metropolitan Police "institutionally racist" in its response to the killing.

THE ASSOCIATED PRESS

U.S. boss held hostage by workers in China

Chip Starnes looks out from a window after he was held hostage by workers Monday. ANDY WONG/THE ASSOCIATED PRESS

An American executive said Monday he has been held hostage for four days at his medical supply plant in Beijing by scores of workers demanding severance packages like those given to 30 co-workers in a phased-out department.

Chip Starnes, 42, a co-owner of Coral Springs, Fla.-based Specialty Medical Supplies, said local officials had visited the 10-year-old plant on the capital's outskirts and coerced him into signing agreements Saturday to meet the workers' demands even though he sought to make clear that the remaining 100 workers weren't being laid off.

The workers were expecting wire transfers by Tuesday, he said, adding that about 80 of them had been blocking every exit around the clock and depriving him of sleep by shining bright lights and banging on windows of his office. He declined to clarify the amount, saying he wanted to keep it confidential.

"I feel like a trapped animal," Starnes told The Associated Press on Monday from his first-floor office window, while holding onto the window's bars. "I think it's inhumane what is going on right now.... I would never have thought in my wildest imagination something like this would happen."

THE ASSOCIATED PRESS

Sexual violence

Jolie urges UN Security Council to end rape in war

Actress Angelina Jolie is making her debut before the UN's most powerful body as a special envoy for refugees and urging the world's nations to make the fight against rape in war a top priority.

THE ASSOCIATED PRESS

Possible clash

Pakistan plans to put Musharraf on trial for treason

Pakistan's prime minister said Monday that the government plans to put the military ruler, Pervez Musharraf, who ousted him in a coup over a decade ago, on trial for treason, setting up a possible clash with the country's powerful army.

THE ASSOCIATED PRESS

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Spreading good news. Mormons now knocking on social-media doors

Mormon missionaries will soon spend less time knocking on doors and more time chatting online with potential converts.

Leaders of the Church of Jesus Christ of Latter-day Saints announced the strategy shift Sunday night in Provo, Utah, during a two-hour presentation to mission presidents that was broadcast worldwide.

Church apostles said the change reflects the growing importance of social media and people's preference to connect over sites such as Facebook rather than opening their homes to strangers.

The move is the latest step in the loosening of traditionally strict rules for missionaries. THE ASSOCIATED PRESS

Quoted

"The church must adapt to a changing world."

Elder L. Tom Perry of the Quorum of the Twelve Apostles. He said missionaries will be using social media, blogs, email, text messages and the church's website in a limited number of locations this year.

Washington zoo

Panda's breakout short-lived

Animal keepers from the National Zoo have captured a red panda in a Washington neighbourhood after it went missing from its enclosure.

A zoo spokeswoman says the male, Rusty, was captured Monday in a bush.

Red pandas are slightly bigger than a domestic cat and look similar to a raccoon. They are listed as vulnerable in the wild.

Rusty arrived at the zoo in April and went on exhibit in early June. THE ASSOCIATED PRESS

Transgender first-grader wins discrimination case

Six-year-old transgender girl Coy Mathis holds hands with her attorney and her mother at a news conference in Denver on Monday. The Colorado Civil Rights Division has ruled in favour of Coy, whose school had barred her from using the girls' bathroom. ED ANDRIESKI/THE ASSOCIATED PRESS

Complaint. Parents said they were told in December that the six-year-old was not allowed to use the girls' bathroom

A six-year-old transgender girl will be able to return to school after winning the right to use the girls' bathroom.

The New York-based Transgender Legal Defence and Education Fund announced the ruling in favour of Coy Mathis on Sunday.

The group filed the complaint on behalf of Kathryn and Jeremy Mathis, claiming that the first-grader had been discriminated against at Eagleside Elementary School in Fountain, near Colorado Springs. The Mathises feared going along with the school's order would stigmatize Coy and open her up to bullying. She was homeschooled as the complaint was considered.

School districts in many states, including Colorado, have enacted policies that allow transgender students to use the bathroom of the gender with which they identify. THE ASSOCIATED PRESS

Gender identity

The Mathises said Coy, a triplet, showed an early preference for things associated with girls.

- She showed little interest in toy cars and boy clothes with pictures of sports, monsters and dinosaurs. She refused to leave the house if she had to wear boy clothes and became depressed and withdrawn.
- The Mathises said they decided to help Coy live as a girl and she came out of her shell.

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Sevenoaks Shopping Centre
Willowbrook Shopping Centre
Woodgrove Centre

Department stores. HBC said to be interested in buying U.S. retailer Saks

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

The source said HBC is looking to buy all 41 department stores under the Saks banner, including the iconic location on New York's Fifth Avenue, which opened in 1924. The stores would also likely stay open under the Saks name.

THE CANADIAN PRESS

Rumours about Saks being sold to various buyers have circulated for at least a year, according to Morningstar analyst Paul Swinand. THE ASSOCIATED PRESS FILE

Designer doughnuts

Jason Priestley to help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The Priestley
TIM HORTONS

The competition offers a $10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Duelling Donuts.

Priestley had a cameo in an episode of the sitcom How I Met Your Mother last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called the Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut. THE CANADIAN PRESS

Toronto

Barrick cuts 100 corporate jobs

Barrick Gold Inc. is laying off about 100 corporate staff, mostly from its Toronto headquarters, as it struggles with falling gold prices and a number of internal challenges. Staff were told last week layoffs were coming. THE CANADIAN PRESS

Market Minute

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KIMYE PUT DAUGHTER ON THE MAP

SHE SAYS

Jessica Napier
metronews.ca

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their firstborn. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jolie-Pitt clan would be so jealous.

Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knorth" with a silent K.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Thanks for the lift through London

JEFF MOORE

Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. METRO

Q and A

It's 'impossible to explain,' he says

DYNAMO
Real name: Steven Frayne, 30, magician, from Bradford, northern England

Levitating on an iconic London red bus: How did it feel?
It was the best perspective I have ever had of London. I could see all the great landmarks, but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

How did the public respond on the street? I could imagine a poor old lady getting a big shock ...
(Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular with the older generation.

Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...
No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

BRENDA STARR/FLICKR

A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:

Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike The Moth. Except completely unlike The Moth in that it's frequently crude, embarrassing and strangely relatable.

True Story

Taking place on a stage of themed dinner parties, True Story tends to be a little more emotionally raw when compared to the antics of Risk!, but that doesn't mean there isn't room for the occasional tale of underwear-related struggles.

On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

Comments

Donna posted to metronews.ca

RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

Mandy posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE
Metro World News in New York

Brad Pitt

Age: 49
First blush: A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his A River Runs Through It. That was off the heels of his Thelma and Louise breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.
Today: A special effects team didn't have to work too hard to make him look 20ish late in Benjamin Button.

George Clooney

Age: 52
First blush: The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on Facts of Life and a scene stealer on Roseanne. It wasn't until E.R., at 33, that he became a sex god. By his 40s he had fully embraced the Cary Grant persona.
Today: Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.

Will Smith

Age: 44
First blush: He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.
Today: He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.

Russell Crowe

Age: 49
First blush: The Aussie didn't completely break through into America until Gladiator at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's Proof.
Today: Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.

Kevin Costner

Age: 58
First blush: At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.
Today: He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.

Alec Baldwin

Age: 55
First blush: For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in The Getaway with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.
Today: Like Russell Crowe, he got even better once he put on some weight. In an episode of 30 Rock, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.

Denzel Washington

Age: 58
First blush: An actor as attractive as he was talented, he was cited in the En Vogue/Salt-n-Pepa song Whatta Man as having the ideal face (though a Schwarzenneger body would have made the package perfect, apparently).
Today: We're just shocked he's nearly 60 years old. Like Pitt, he's got a case of Dick Clarkism.

Michael Douglas

Age: 68
First blush: The son of Hollywood royalty, Douglas was the young co-star of The Streets of San Francisco, but didn't really come into his own until middle age.
Today: Even more shocking than him being nearly 70 is that his dad, Kirk, is still going, at 96. But yes, Michael Douglas is AARP age, and recently did a killer Liberace opposite Matt Damon, who himself is a boyish 42 (playing 18, mind you).

Harrison Ford

Age: 70
First blush: Even before Star Wars, he was a scruffy-looking go-getter, who stole bits of American Graffiti.
Today: He's a first-rate grouch, and as he heads into his 70s he's only going to get grouchier. He was hilariously pissy in Morning Glory and 42, and at some point soon he'll play an old man yelling at kids on his lawn with Clint Eastwood, who right now is 83. But he doesn't look old.

DVD reviews

The Incredible Burt Wonderstone

Director. Don Scardino

Stars. Steve Carell, Steve Buscemi, Jim Carrey

●○○○○

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of The Incredible Burt Wonderstone. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (TV's 30 Rock) and scripted by Horrible Bosses writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laugher, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

No

Director. Pablo Larrain

Stars. Gael Garcia Bernal, Alfred Castro

●●●●○

Gael Garcia Bernal plays a Chilean version of Mad Men's advertising ace Don Draper, called upon to sell the "no" side of a national plebiscite that will confirm or topple the dictatorship of General Augusto Pinochet — and the fix for "si" is likely already in. Based on real events of 1988, Pablo Larrain's tightly framed film is a mesmerizing, realistic and often hilarious look at the cynical politics of power and the magic required to sell a negative as a positive. Say yes to No. Extras include a commentary with Gael Garcia Bernal and Larrain.

PETER HOWELL

SCENE

‘I don’t really cater to what’s going on in hip-hop’

Ice Cube as chill as ever. Rapper continues to pride himself on not being swayed by popular themes of the genre

LAUREN CARTER
Metro World News

Ice Cube has parlayed a hardcore rap career into an entertainment empire that spans movies, television and product endorsements. But the former N.W.A. member and solo artist known for groundbreaking albums such as AmeriKKKa’s Most Wanted and Death Certificate has no plans to switch up his politically charged style. While mainstream rap drowns in escapist tales of cars, clubs and fancy cribs, he says fans can expect “vintage Ice Cube” on his forthcoming album, Everythang’s Corrupt.

“Everything that you’ve ever gotten from me, I deliver on this record,” he says.

Ice Cube — born O’Shea Jackson — is also working on a feature film about Compton collective N.W.A. that will reunite him with Friday director F. Gary Gray. ALL PHOTOS GETTY IMAGES

“My style is straight street knowledge. I don’t really cater to what’s going on in hip-hop or what’s going on in the industry, so to speak. I just dial in on Ice Cube fans and try to keep them satisfied, and everybody else gotta get in where they fit in. I don’t want to have to worry about no program director here or no A&R there. That makes it a drag, and being independent, I can just go in the studio and do what I feel.”

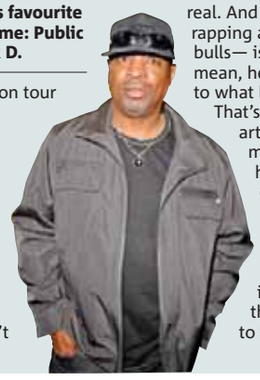
While he wraps up his 10th album, the actor, writer, producer and director is in talks with distributor New Line Cinema to close out the Friday franchise with final instalment Last Friday.

“We’re trying to get it done,” he says. “New Line has really been neutered by Time Warner, so they can’t do as many movies as they usually do per year. So it’s just a fight to get Last Friday on their schedule. They only got three or four movies to do a year, and urban comedy is probably low on the totem pole.”

Public preference

Ice isn’t shy about revealing who his favourite emcee on the tour is. That’s because it’s his favourite rapper of all-time: Public Enemy’s Chuck D.

- “It’s like being on tour with your big brother,” Cube says. “He’s just one of those dudes who — pound for pound, lyric for lyric — has done the most out of any emcee, because he ain’t just rapping no bulls—.



- “It’s something real. And even when rapping about bulls— is popular, I mean, he still stick to what he do. That’s great. For artists like myself, and him being one of my peers and me really looking up to Chuck, it’s good that he sticks to the script.”

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Those happy party-goers in the back may not stay so smiley if Courtney decides to aim her ammo at them. GETTY IMAGES

No Love lost between Courtney and the world

Unfinished legacy. The rocker has choice words for promoters, former bandmates and, well, just about everybody else

PAT HEALY
Metro World News

When interviewing Courtney Love, you don't want to upset her, especially within the first minute.

We begin innocuously enough by asking about her current tour, which we saw listed on one venue's website as, "Courtney Love performing songs from Live Through This, Celebrity Skin & Nobody's Daughter including Violet, Miss World, Celebrity Skin, Malibu, Skinny Little Bitch & More!"

This is news to her, and she vows to let the responsible parties know her thoughts. "I'm gonna tear someone's f—ing head off," she says.

Through all of the tangents the rest of the call takes — and it takes many, from Rod Stewart to investment strategies — she keeps returning to this new info. And whatever commentary isn't about how her show was advertised is peppered with similar bitterness.

"If you want to see something really miserable, watch that Pixies reunion frickin' documentary," she says at one point.

Love insists this tour is not a greatest hits show. She says she has an album's worth of new material recorded and will be drawing from those songs.

"I'm not playing the singles though, which are the funnest ones," she says. "I don't want them to leak."

So if the only new songs she's playing are not the so-called funnest ones, how does she stay fresh?

"I stay fresh and dainty all the time, and I'm really good at taking baths," she jokes, picking apart the phrasing of this reporter, "but beyond that, I'm not ever going to do that oldies circuit thing ever."

You've been punked

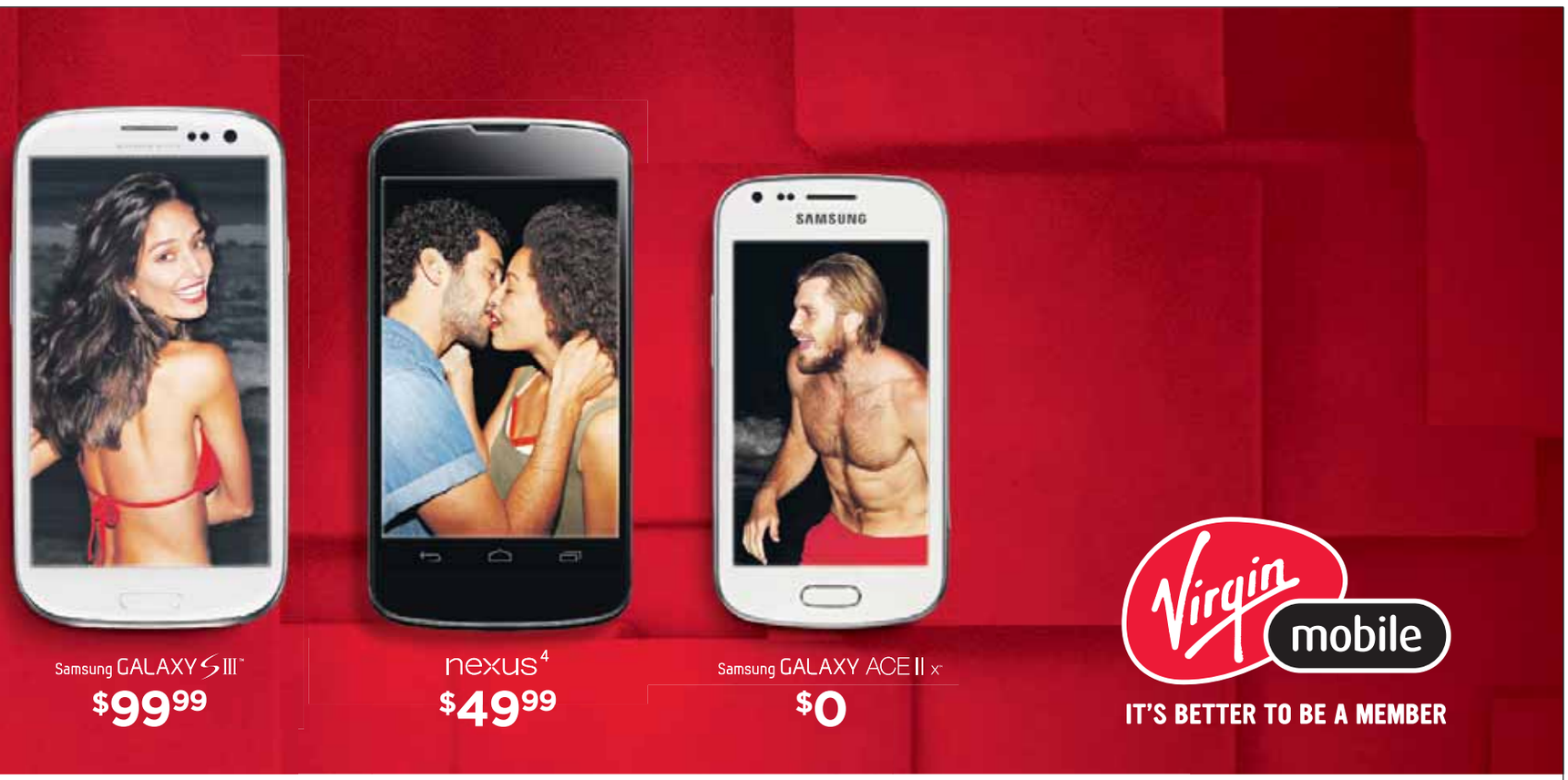
"If you want to see something really miserable, watch that Pixies reunion frickin' documentary."

Courtney Love

The Hole story

Go on, take everything!

- Love says that since her last full release, the 2010 Hole album Nobody's Daughter, she has given up the Hole moniker and the idea of any sort of reunion with the formative lineup, which included drummer Patty Schemel, guitarist Eric Erlandson and bassist Melissa Auf der Maur.
- "I would be happy — as much as I love Shawn (Dailey, bassist) — to take Melissa back, but Melissa won't do it unless Eric does it, and I'm not doing it with Eric," she says at an uninterruptible pace. "I just won't do it. The guy went into my storage, took 74 guitars out of storage, took my entire backline, which is Kurt's backline, so one side says Hole, the other side says Nirvana. ... I'm about to start pressing charges against him on like, robbery, a whole bunch of criminal matters. ... I really can't envision touring with that a—hole, so that's the end of that."



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

At least Kanye and Kim's daughter has some direction

THE WORD
Dorothy Robinson
scene@metronews.ca

So there is an actual sane reasoning behind Kanye West and Kim Kardashian naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and they consider her their 'North Star.'"

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?

Justin Bieber

Lots of love between Biebs and his manager

Justin Bieber's slew of headline-grabbing antics reportedly have his longtime manager Scooter Braun considering desperate measures to fix the situation — like sending Bieber to rehab, according to Radar Online. "His partying is creating problems. Scooter is very worried about him," a source says.

"Scooter wants him to go to rehab to get his act together. Justin needs to get away from the bad influences in his life." Looking to combat rumours that there might be any tension between them, Bieber and Braun posted an Instagram video of them embracing to the strains of I Will Always Love You.

Twitter

@Pink
I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.

@kirstiealley
this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins

@TheRealNimoy
Alaska. First time here since 1972. Great people. Amazing state.

Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but he'd also be too much of a marquee name," Emmerich says.

Will Smith

May the force be with these happy newly weds

George Lucas married Mellody Hobson in Marin County, Calif., according to People magazine. The ceremony, which was officiated by Bill Moyers, took place on the Star Wars mogul's Skywalker Ranch. Lucas and Hobson began dating in 2006.

George Lucas and Mellody Hobson

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Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers four super simple moves to help you fix some common issues

ROMINA MCGUINNESS

My arms jiggle.

Do a one-arm bicep curl followed by a one-arm tricep kickback
Get into it: Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets, two to three times a week
Benefits: This shapes and strengthens the bicep and tricep muscles, making your arms look lean.

My thighs touch and get sandy, giving me a rash.

Do side-to side-lunges
Get into it: Stand with your feet parallel and hip-with apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.
Benefits: This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.

I have a flat, saggy bum.

Do bear crawl butt squeezes
Get into it: When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.
Benefits: This will firm and tighten your bum by firing up your glutes.

I have man boobs.

Do chest presses
Get into it: Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only, bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three sets, two to three times a week
Benefits: No man boobs.

Smart nutrition

What to eat

If you want to lose a few pounds fast, lower your portion size and include protein. "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

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The Clinical Exercise Physiology Lab at UBC is recruiting participants to join our study that investigates the effect of exercise on breast cancer survivors experiencing "chemo brain" following chemotherapy treatment. Women that did not undergo chemotherapy will provide a vital comparison group. In addition to no chemo, you must be 40-65 yrs old and post-menopausal (additional criteria applies). We are **also** looking for women that have never been diagnosed with cancer to act as controls.

If interested, please contact us at **604.827.1914** or **tiffany.moore@ubc.ca** for a screening.

More information re: the study and participation involvement can be found at **http://cepl.rehab.med.ubc.ca/**

We look forward to hearing from you soon!

UBC a place of mind
Clinical Exercise Physiology Lab

The next stage in my life

At 44, I thought I was a bit young to be going through menopause, but 2012 turned out to be the beginning of the next stage in my life. My periods were erratic. Some months nothing and others I had 2. Most of the time I didn't know when they were coming, or how heavy they would be. Then finally nothing.

I decided to get my blood checked, which confirmed that my hormone levels had changed and the "big M" had started. Then the sweats began – up to 20 a day. I was exhausted, felt run down and wasn't eating properly. A friend recommended A.Vogel Menopause. She told me that it would take a while before I would feel better but to stick with it.

Well, 3 weeks later, I'm a different woman. I'm down to 2-3 sweats a day and I feel so much better, more energetic and better rested.

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Waist reducing diets aren't always what they purport to be. ISTOCK PHOTOS

The skinny on fad diets

Health issues. Every weight loss method has a pro and con

MEREDITH ENGEL
Metro World News

Fad diets come and go.

We got to the bottom of a few of them. Here is what we learned.

The alkaline diet
What it is
Remember the pH scale from chemistry? Proponents of the alkaline diet say that we should eat to keep our bodies' pH level more alkaline than not in order to prevent illness and weight gain. People on it go without grains, fish, meat, poultry, dairy and salt, and load up on fruits, green veggies, soy, lentils, seeds and nuts.

Pro
"Our bodies function best when in an alkaline state," says Vicki Edgson, nutritional therapist and author of Eating the Alkaline Way. She says eating alkaline helps counter constipation, skin problems, heart disease and a host of other problems.

Con
"I'm promoting the healthiest, most real foods — so if you're eating that way, chances are the acidity of your body will fall into the right place," says Keri Glassman, author of The New You and Improved Diet.

The 5:2 Bikini Diet
What it is
Get a hot bod by cutting calories two days a week (women eat 500 calories per day, men eat 600).

Pro
"By eating only 500 calories two days a week you will not only get bikini-ready in no time and lose up to 14 pounds in four weeks, but you'll also dramatically lower the risk of age-related illnesses," says the book's author, Jacqueline Whitehart.

Con
"The first red flag whenever you hear about any fad diet is if it purports a quick fix," counters Joan Salge Blake, a clinical associate professor of nutrition at Boston University.

"There's no way you can safely lose a tremendous amount of weight in a short amount of time."

The blood type diet
What it is
Your blood type is thought to have an impact on your digestive system — some fare better on plant-based or low-carb diets, for example.

Pro
"If, God forbid, you go to the hospital and you get the wrong blood type, you have a major problem," says JB Berns, who created the Blood Type Workout.

"On that level, (though) less intense, if you don't eat the correct foods, nor exercise the correct way, you're not gonna yield as good results."

Con
"The foods suggested are healthy; however ... any diet that promotes restricting food groups will be hard to sustain in the long run," says author of The Small Change Diet Keri Gans.

Need to know tip

The only weight loss advice you'll ever need going forward.

- **Quote.** "When you need to lose weight, it's a matter of cutting back on calories, expending more than you take in and going at a slow and steady pace," Blake says. "If you need to lose weight, set your goal for losing for 10 per cent of your body weight over six months. It takes into (account) where you're starting at; somebody losing 100 pounds is gonna be able to do it a little faster."

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Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT
life@metronews.ca

The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

AVEDA SUN CARE HAIR AND BODY CLEANSER $21, AVEDA.COM

The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid beeswax texture designed to sink into skin, to keep wind and sun damage at bay.

KIEHL'S CROSS-TERRAIN FACE PROTECTOR SPF50 $26, KIEHLS.COM

City break

The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with antioxidant properties that nourish lips and stevia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.

ANTHONY NATURAL ADVANCED FORMULA LIP BALM SPF 25 $8, ANTHONY.COM

Beach boy

While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.

SHISEIDO ULTIMATE SUN PROTECTION LOTION+ SPF 50 $39, SHISEIDO.COM

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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† Source Health Care Analytics, 2012. © 2013 P&G

Play the role of BBQ hero with a Smoked Pork Tenderloin

This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Preheat saucepan to medium-low heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high and cook until reduced to 1/2 cup (125 ml), about 20 mins.

5. Stir in cream, honey, mustard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low. Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce. CHEF RICHARD JULIEN/ DAIRY FARMERS OF CANADA

Ingredients

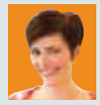
- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper

Fontina Cheese Sauce

- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup (125 ml) packed, divided
- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml grated Canadian Fontina, smoked Gouda or Oka cheese

Health Solutions

Sumac: Not just for shade



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

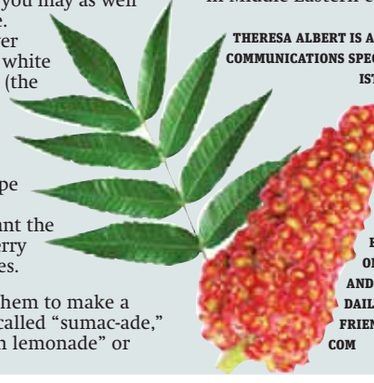
Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

• Use them to make a drink called "sumac-ade," "Indian lemonade" or "rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.

• Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)

• Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.



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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 12, 2013.
PLEASE QUOTE: "Sales Representative – Vancouver" in the subject line.
All submissions will be treated as confidential.

metro

Clear out, clean up and make some money – a very appealing prospect!

Create extra space and make a few bucks with a yard sale. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you call it a yard, junk or garage sale, the aim is to pad the pocketbook while creating badly needed space in your home. Summer is a great time to capture all those garage sale lovers, but you have to do it right or you'll spend tons of time with little to show for it.

Here are some tips to ensure your pop-up shop on the curb is a success.

1. Advertise it
Tacking a sign on a nearby telephone pole just won't cut it any more.

Craigslist, Kijiji, Facebook and the local newspapers are all good options. Make sure any signs are legible with a directional arrow. One person posted about her very successful sale and noted she put well-lit pictures on Instagram. This is especially valuable for furniture, which can be a hard sell curbside.

Certain key words draw the weekend bargain shopper such as antique, mid-century, jewelry, high end and collectible. Other desired items include baby things, quality toys and sports equipment.

Avoid long weekends, if you can, as towns and cities often empty out for the duration.

2. Stage it
A dreary layout of old clothes on the lawn and toys scattered along the driveway are hardly a draw. If your offerings look sad, messy and cheap you won't attract flies. Organize by theme so people don't have to pick through all the household stuff when they are looking for sports equipment.

Place desirable and easily seen items, such as furniture or large funky collectibles, closest to the road. And don't ignore colour. Cheerful and bright will appeal. At the very least, shell out for some colourful balloons.

3. Clean it
Items will move quicker if they are clean. People might buy dusty teacups, but dirty clothes and rusty tools are a different matter.

4. Price well
Start with 40 per cent of retail for like-new and 20 to 25 per cent for well-used. Include the original price if you can.

5. Use bait
Include (and advertise) a free pile and if yours seems insignificant let the neighbours know. It'll save them gas money driving to Goodwill. Place the pile, marked by balloons in a visible location.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

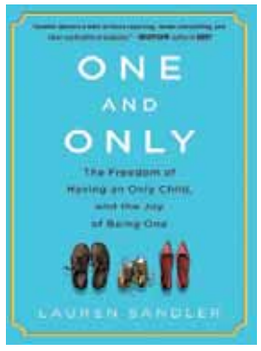
The one and only! No siblings? No problems

Non-fiction. Those stereotypes of only children are totally untrue, says author Lauren Sandler

DOROTHY ROBINSON
Metro World News from New York City

Pity the poor only child. The eldest child is never stereotyped as spoiled; the youngest is never pigeonholed as maladjusted or lonely. Forget giving birth to a small army — it is when you say you are only having one child that eyebrows get raised.

Lauren Sandler is on a mission to change these misconceptions of onlies with her new book, One and Only: The Freedom of Having an Only Child, and the Joy of Being One. Sandler, who is an only child and has an only child herself, found herself being a de facto proponent of stopping after one.



"One day, I got an email from a friend that said, 'I'm pregnant with my second child, and I know how you feel about this.' And I thought, 'I don't know how I feel,'" recalls Sandler, a journalist who writes on cultural politics and women's issues. "Her comment sat with me in a funny way. Then, when I had my child and I was wrestling with what it would mean to not have another, I decided to report it out, like I do for everything."

What Sandler found was "stunning": "Hundreds of studies over decades found that our stereotype of lonely children is totally untrue," she says.

Filled with in-depth reporting (with some wry motherhood observations thrown in), One and Only lays it out there: If you decide to only have one child, you aren't "ruining" that child by deciding not to give him or her a brother or sister. You may just create a happier family life because of it.

Sandler is quick to note that she's not saying that having one is the best choice; only that it is a valid choice, and one that parents don't think they can make without seeming selfish or withholding.

"If most people have their first kid for them, and their second kid for their first kid — which is what polls have consistently told us they do — what would it mean if they didn't feel like they had to?" she asks. "Don't have another kid just because you think you're gonna avoid screwing up your first kid if you do."

Author and only child Lauren Sandler with her one-child family. AP PHOTO/COURTESY OF LAUREN SANDLER

The good news about only children

Research. In 500 studies over the past several decades, examining 16 traits including leadership, maturity, extraversion, social participation, peer popularity, generosity, co-operativeness, flexibility, emotional stability and contentment, only children do just as well as siblings.

Motherhood takes some juggling:

- Each child adds no less than 120 hours of housework a year.
- Women devote about 13 hours a week to childcare, up from about 10.5 hours nearly a half century ago. Meanwhile, the American workweek has increased by 13 hours.
- A single child decreases a mother's employment by about eight hours a week. A second child leads to a further reduction of about 12 hours (to a total of 20).
- Sixty per cent of men say they are struggling with the demands of work and family.

The financial reality:
- A child born in 2011 will cost an average of $235,000 to raise to age 18.

BRUSH UP ON DENTAL HEALTH

STOCKLITE/VEER

We make sure to brush our teeth daily — but how about our dogs?

"Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease," says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. "They suffer in silence and, often, we don't realize they are in pain until it becomes a very big problem.

"The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss."

One good way to ensure your dog's mouth stays healthy is daily brushing. Occasional brushing is actually counterproductive because "it smoothes tarter, making it more difficult to remove. And if your dog's mouth is sore, it will make him reluctant to have his teeth brushed," French says.

Also, regular veterinary checkups will ensure that your dog's mouth is healthy. Even if you brush your dog's teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn't possible to do the job properly without anaesthesia.

"While it may be possible to remove some tartar buildup on the outside surfaces, it isn't possible to effectively clean and polish areas below the gum line or on the inside of the teeth," French says. "And pet owners shouldn't try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly."

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog's teeth clean and gums healthy. Depending on your dog's oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog's teeth and gums healthy and its breath fresh.

DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

GRASS

"Especially in spring and summer when the grass is fresh, grass tastes good to dogs," says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

"Sometimes if the grass doesn't agree with a dog, she'll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting."

In summation, if your dog loves grass, that's fine. If its reaction to eating grass it to vomit, that's probably OK. But if it continues, better see your vet.

AVAVA/VEER

GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds, onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

"Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage," Bryer says. "Also, mould from garbage can have toxins that can cause dogs to have tremors or even seizures."

TABLE SCRAPS

Most dogs love to eat food off your table.

"Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them," Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that's the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.

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BRIGHT spot **SHINING A LIGHT ON GREAT INNOVATION**

AVAILABLE AT TARGET

Blackhawks shock Bruins to clinch cup

Stanley Cup final.
Second City second to none after pair of late goals wins Game 6

Bryan Bickell and Dave Bolland scored goals 17 seconds apart late in the third period Monday to give the Chicago Blackhawks the Stanley Cup in an amazing 3-2 last-minute comeback win over Boston in Game 6.

Milan Lucic's third-period goal had seemed to give the Bruins a 2-1 victory and a new lease on life in the final.

But with Chicago goalie Corey Crawford out for an extra attacker, Bickell scored at 18:44 after the Bruins failed to get the puck out of the zone.

Bolland then put them ahead at 19:01, stunning the Bruins and the Boston crowd at TD Garden.

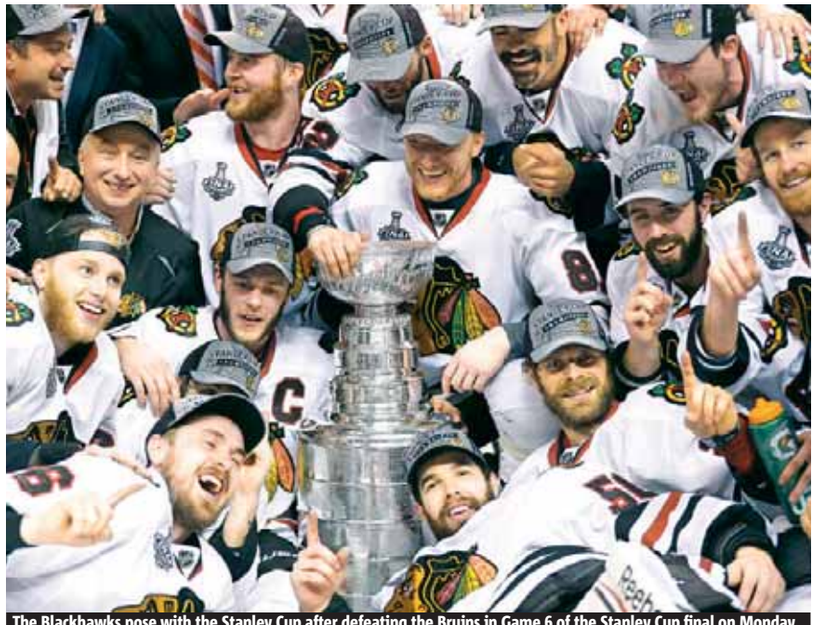
Jonathan Toews, reduced to a spectator the final minutes of Game 5, added a goal and an assist for Chicago as the Blackhawks clawed their way back into the game. He was the first to hoist the cup as his teammates jumped up and down.

Crawford finished with 23 saves in the victory that marked Chicago's fifth championship and second in four years.

"That team in 2010, we didn't really know what we were doing," said Toews, whose status for the game was in question after sustaining an injury in Game 5. "We played great hockey, and we were kind of oblivious to how good we were playing. This time around we know definitely how much work it takes and how much sacrifice it takes to get back here, and this is an unbelievable group.

"We've been through a lot together this year, and this is a sweet way to finish it off."

Chris Kelly had the other goal for Boston, while Tuukka Rask made 28 saves. The Bruins offence was limited by a power play that went 0-for-4 on the night. THE CANADIAN PRESS

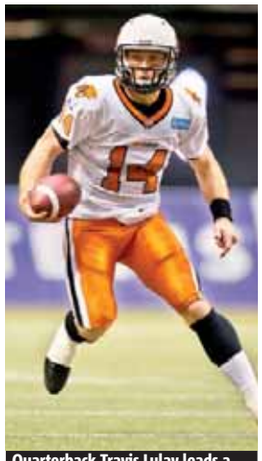


The Blackhawks pose with the Stanley Cup after defeating the Bruins in Game 6 of the Stanley Cup final on Monday in Boston. BRUCE BENNETT/GETTY IMAGES

Playoff MVP

Patrick Kane saved his best for the Stanley Cup final, and was rewarded the Conn Smythe Trophy as playoff MVP. He led the Blackhawks in scoring with 19 points on nine goals and 10 assists.

Same faces, different look for Lions



Quarterback Travis Lulay leads a Lions team that prides itself on its depth. THE CANADIAN PRESS FILE

In the case of this year's edition of the B.C. Lions, familiar faces can fool you.

The veteran core remains intact and, for now, only two newcomers — one on offence and one on defence — have won jobs as starters. But the Lions have made several significant changes since they placed first in the West Division with a 13-5 mark and were upset in the 2012 West final by the Calgary Stampeders.

"There's a lot of different kinds of mixes, and it's an entirely different team," said coach Mike Benevides.

Most of the changes involve holdovers assuming new and expanded roles, including new positions, as Benevides and general manager Wally Buono follow through on their plan to make the team younger and stronger.

"Right now, if I have to look at it and be honest, we have greater depth," said Benevides. "There's more depth than we know about."

The most prominent changes are on offence, where second-year quarterback Thomas DeMarco will back up starter Travis Lulay. DeMarco assumes Mike Reilly's former backup role following his trade to Edmonton as a result of Lulay's new contract.

The Lions have also brought in former Winnipeg Blue Bomber Joey Elliott as quarterbacking insurance.

In other prominent offensive revisions, slotbacks Nick Moore and Courtney Taylor replace all-time leading CFL receiver Geroy Simon (traded to Saskatchewan) and Arland Bruce (released and signed by Montreal). Wide receiver Emmanuel Arceneaux returns after two years in the NFL, giving the Lions a deep threat that they have lacked.

On defence, things are likely to be less animated following eccentric lineman Khalif Mitchell's trade to the Toronto Argonauts. Keron Williams will move inside to Mitchell's former tackle spot from defensive end. THE CANADIAN PRESS

Season opener

The Lions will open the season Friday in Calgary, hoping for a chance at some revenge on the Stampeders after last year's West final loss.

NHL

Canucks expected to introduce Torts as their new coach

The Vancouver Canucks have called a news conference Tuesday amid reports they will name John Tortorella as their next coach.

Tortorella, the former coach of the New York Rangers, arrived in Vancouver on Friday as the Canucks were in the process of finalizing their choice of a replacement for the fired Alain Vigneault.

If all goes as expected, Tortorella and Vigneault will trade teams. Vigneault was named last week as Tortorella's replacement with the Rangers. THE CANADIAN PRESS

MLS

Camilo named player of the week

Vancouver Whitecaps FC striker Camilo Sanvezzo has been named Major League Soccer's player of the week.

The Brazilian takes the honours for Week 17 following an impressive two-goal, one-assist performance in a 3-1 win over Chivas USA last Wednesday.

With eight goals on the season, Camilo is among the league's top scorers, trailing only Mike Magee, Marco Di Vaio and Jack McInerney, who each have 10. In his past six matches, the 24-year-old has scored seven goals, including three goals in two Amway Canadian Championship matches. THE CANADIAN PRESS

Wimbledon

Nadal sent packing on Day 1

In one of Wimbledon's greatest upsets, Rafael Nadal was knocked out in straight sets Monday by a player ranked 135th — the Spaniard's first loss in the opening round of a Grand Slam event.

Steve Darcis of Belgium stunned the two-time champion 7-6 (4), 7-6 (8), 6-4. He ended Nadal's 22-match winning streak on the very first day.

Vancouver's Vasek Pospisil, ranked No. 99, beat 131st-ranked Marc Giquel of France 6-3, 6-2, 7-6 (3). THE ASSOCIATED PRESS/ THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

♉ Taurus
April 21 - May 21
Just because something worked well in the past does not mean it will work well in the future. In fact, now would be a good time to update your methods. You can afford to be adventurous today.

♊ Gemini
May 22 - June 21
Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

♋ Cancer
June 22 - July 23
Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

♌ Leo
July 24 - Aug. 23
If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

♍ Virgo
Aug. 24 - Sept. 23
You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

♎ Libra
Sept. 24 - Oct. 23
This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

♏ Scorpio
Oct. 24 - Nov. 22
Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

♑ Capricorn
Dec. 22 - Jan. 20
A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

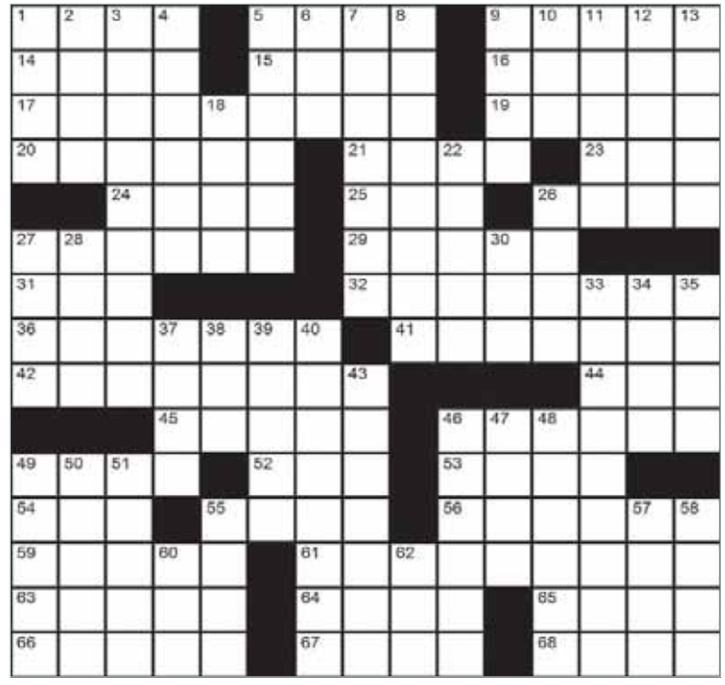
♒ Aquarius
Jan. 21 - Feb. 19
The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

♓ Pisces
Feb. 20 - March 20
Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

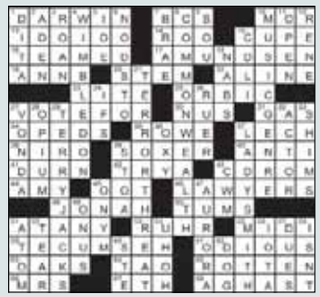
BY KELLY ANN BUCHANAN



Across
1. Quite
5. Be a street performer
9. 'G' of East Coast band GBS
14. Music to a joke-teller's ears
15. Feed the kitty, as in poker
16. Fix came-undone shoelaces
17. Travel plan
19. Radiate
20. Non-meat-eater's burger
21. Follow orders
23. Snug spot
24. "Ohio" by __ Young
25. Curly's pal
26. "Guarding __" (1994) starring Shirley MacLaine
27. Sundae topper
29. Surviving Bee Gees brother
31. Ad __ committee
32. Guitarist in the Michael Jackson concert rehearsal footage in 2009
36. Did better competitively in the pool
41. Mark signifying fault
42. Drug dubbed Milk of Amnesia
44. Mr. Fleischer (White House Press Secretary, once)
45. The 'I' in IV
46. Movie shots
49. Curser's word!
52. "A Nightmare on __ Street" (1984)
53. Tricks
54. Musician/producer Brian
55. Actor's accessory
56. Is a volcano, does this
59. Gulf of St. Lawrence attraction, __ Rock
61. City in East Kootenay in British Columbia
63. Lost-in-the-desert mirage
64. __ State (University from the song at #24-Across)
65. Consequently
66. Care for
67. Late guitarist Mr. Barrett's
68. Celebrity

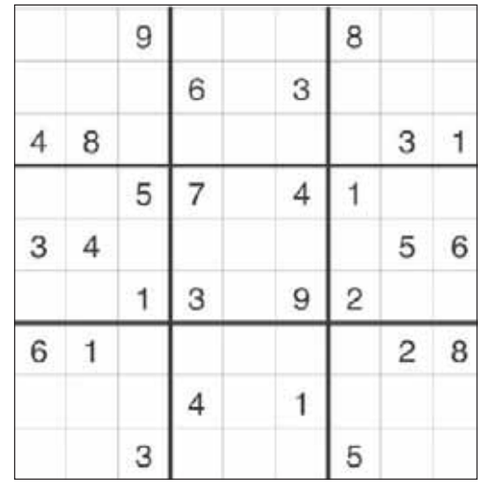
Down
1. Switchblade
2. 'Accent' add-on (Emphasize)
3. __ Bay (Bay of Fundy inlet)
4. Clothes-holding prop
5. Hardly
6. Irish actress Ms. O'Connor
7. Nickname of CBC host George who now also has a show on CNN
8. Computer part
9. Ashen
10. CBC commentator Mr. Murphy
11. Musical piece for Chopin
12. Army assistants
13. "American Bandstand" dancers
18. The Queen's cypher: letter + Roman Numeral + letter
22. Spookily strange
26. Sharon's '80s TV co-star
27. Cut some food
28. 60 minutes
30. Clash
33. __ Canada (Government agency)
34. Give a job to
35. "How sweet __ __!" - Jackie Gleason
37. Washer cycle
38. Was victorious
39. Later on
40. Eloi are the food source of these Time Machine creatures
43. __ Eel
46. Perfumes
47. Albertan country singer Mr. Lund
48. Habituates, variantly
49. Bus station
50. Lend __ (Listen): 2 wds.
51. __ Code
55. Nuisance
57. Ancient outfit
58. Hershey's chocolate/toffee bar
60. Spy letters
62. Et: English

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	4	7	5	2	8	9	3	1
9	1	2	6	3	4	7	8	5
8	3	5	7	1	9	2	6	4
4	9	1	3	7	6	5	2	8
7	2	6	1	8	5	3	4	9
3	5	8	4	9	2	1	7	6
2	6	9	8	5	7	4	1	3
1	7	4	9	6	3	8	5	2
5	8	3	2	4	1	6	9	7

Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. pp=per person. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

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